



Hope Healing Spirit: Strength, Solace and Self-Advocacy for the Bipolar Community

Dr. Kay Bernard

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In *Hope/Healing/Spirit*, Dr. Kay Bernard offers members of the bipolar community validation of their struggles and meditations to strengthen their life journeys. She defines that community as those with the disorder, the support people whose care enriches their lives, the professionals who work with them, and organizations that provide them resources. The innate force of hope, the consistent attention to healing and the comfort of spirit come together as the three legs of a birthing chair, like that pictured on the book's cover. To discuss spiritual issues, opinions and beliefs of those most affected by bipolar disorder, Dr. Bernard wrote fictional stories revolving around a character with bipolar disorder and a family member or friend. Each story has at its core the symptoms and consequential behaviors common to the disorder. Dr. Bernard offers commentary on the story and examines a spiritual issue arising from it. At the heart of each section in *Hope/Healing/Spirit* is her meditation on the topic. Diagnosed with bipolar disorder in 1991, ordained a minister in 1992 and awarded her Doctor of Ministry degree 2012, she offers a unique perspective on how members of the bipolar community can counter the stigma and shame that too many suffer.

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